



Checklist of Potential Reactions and Coping Strategies

It is normal to experience a variety of emotional, physical, or behavioral reactions to abnormal circumstances, such as the potential for war and continued terrorist attacks. The information below shows potential reactions that are normal, ways to help you and others cope, and when to seek professional help.

Normal Reactions for All Ages

- ☐ Anger
- ☐ Anxiety
- ☐ Appetite changes
- ☐ Colds or flu-like symptoms
- ☐ Concentration problems
- ☐ Confusion
- ☐ Crying easily
- ☐ Denial
- ☐ Fatigue
- ☐ Fear/of being left alone; of crowds or strangers; of darkness
- ☐ Feelings of hopelessness
- ☐ Guilt
- ☐ Headaches
- ☐ Hyperactivity
- ☐ Hypervigilance/increased watchfulness
- ☐ Increased drug and alcohol use
- ☐ Irritability
- ☐ Isolation
- ☐ Mood-swings
- ☐ Nausea/stomach problems
- ☐ Nightmares
- ☐ Poor work performance
- ☐ Reluctance to leave home or to be apart from loved ones
- ☐ Sad
- ☐ Sensitivity to loud noises
- ☐ Sleep difficulties

How to Cope and Help Others Cope

- ✓ Avoid drugs or alcohol
- ✓ Be assertive instead of aggressive. "Assert" your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- ✓ Do things you enjoy
- ✓ Draw on your faith and spirituality
- ✓ Eat healthy, well-balanced meals.
- ✓ Eat right
- ✓ Establish a family emergency plan
- ✓ Exercise

- ✓ Focus on your strengths and abilities
- ✓ Identify the feelings you are experiencing. Understand that your feelings are normal.
- ✓ If you must worry, schedule time to for it and don't worry at other times
- ✓ It is common to want to strike back at people who have caused great pain; however, nothing good is accomplished by hateful language or actions
- ✓ Limit exposure to news
- ✓ Maintain your routine as best as you can
- ✓ Prepare a Home Emergency Preparedness Plan
- ✓ Sleep regularly
- ✓ Spend time with family and friends
- ✓ Stay active in your daily patterns
- ✓ Talk about your feelings with someone you trust
- ✓ Use existing support groups of family, friends, and church
- ✓ Use stress management techniques such as breathing, prayer, or relaxation

When To Seek a Professional

The following reactions, behaviors, and symptoms may signal a need to consult with the appropriate professional for further assistance.

- ☐ Disorientation - dazed, memory loss, inability to give date or time, state where he or she is, recall events of the past 24 hours or understand what is happening
- ☐ Inability to care for self - not eating, bathing or changing clothes, inability to manage activities of daily living
- ☐ Suicidal or homicidal thoughts or plans
- ☐ Problematic use of alcohol or drugs
- ☐ Domestic violence, child abuse or elder abuse

For more information about normal reactions and ways to cope, call the Community Resilience Project toll free at 1-866-400-2951 (TTY: 703-228-4831) or visit www.communityresilience.com.